

## ABSTRACT OF THE DISCLOSURE

A musical and illuminated jump rope has flexible hollow tubing with a first handle at one end of the tubing and a second handle at the opposite end of the tubing. A plurality of light emitting diodes are positioned within the tubing. Within the first handle are at least one battery, an on/off switch, a control circuit, a music chip with pre-programmed music, beat tracks or sound and a speaker. Current from the battery through the control circuit drives the music chip and speaker to play music for the jump rope and drives the light emitting diodes to emit light providing illumination from the jump rope.